Healthy and High Calorie Snacks

Appetite often varies during cancer treatment. A poor appetite often results from a long period of sickness or following chemotherapy and/or radiation treatment. Feeling full quickly is another common side effect of treatment. Poor appetite and feeling full quickly often prevent eating enough to meet calorie and protein goals.

If your appetite is low or you are unable to eat usual portions at meals, snacking between meals or eating smaller meals every two to three hours can help meet nutrition goals. It is much easier to maintain weight and strength with adequate nutrition.

- Your calorie goal is ___________ calories/day.
- Your protein goal is ___________ grams/day.

Try these snack ideas below to help meet calorie and protein goals (*see recipes next page):

<table>
<thead>
<tr>
<th>Food item</th>
<th>Serving size</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and nuts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds with fruit</td>
<td>¼ cup almonds, 1 medium piece of fruit</td>
<td>210</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Apple and peanut butter</td>
<td>1 apple, 2 tablespoons peanut butter</td>
<td>265</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Crackers and nut butter*</td>
<td>8 whole grain crackers, 2 tablespoons nut butter</td>
<td>315</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>Whole wheat toast w/ nut butter*</td>
<td>1 piece of toast, 2 tablespoons nut butter</td>
<td>265</td>
<td>11</td>
<td>4</td>
</tr>
<tr>
<td>Beans and vegetable spreads</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chips and guacamole*</td>
<td>15 tortilla chips, ¼ cup guacamole</td>
<td>365</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Tortilla chips with black bean dip*</td>
<td>14-15 tortilla chips, 1 serving black bean dip</td>
<td>220</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>Dairy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese and crackers</td>
<td>8 whole grain crackers, 1 ounce cheese</td>
<td>195</td>
<td>9</td>
<td>3</td>
</tr>
<tr>
<td>Pita and yogurt dill dip*</td>
<td>1 pita, 2 tablespoons yogurt dill dip</td>
<td>185</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Quesadilla with chicken breast and cheese</td>
<td>6-inch flour tortilla, 3 ounces chicken, ¼ cup shredded Monterey jack cheese</td>
<td>386</td>
<td>37</td>
<td>1</td>
</tr>
<tr>
<td>Yogurt w/ granola</td>
<td>1 cup whole milk yogurt, ½ cup granola</td>
<td>360</td>
<td>17</td>
<td>4</td>
</tr>
</tbody>
</table>

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Recipes

Black Bean Cumin Dip

Ingredients
- 2 ¼ cups cooked black beans
- 1 ½ teaspoons chopped garlic
- 1 ½ teaspoons toasted cumin seed, ground
- ¼ cup cilantro leaves
- ¼ cup sour cream
- ½ jalapeno, chopped (if desired)
- Salt and freshly ground black pepper

Directions
Put all the ingredients in a food processor and blend until smooth. Reserve some of the juice from cooking the beans, or if you are using a canned product extra water can be used if there is not enough in the can. Season to taste with salt and pepper.

From: www.foodnetwork.com

Cashew Butter

Ingredients
- 2 cups unsalted roasted cashews
- 2 to 3 tablespoons vegetable oil
- ¼ teaspoon salt
- 1 teaspoon sugar, optional

Directions
In a food processor or blender, combine the nuts, 2 tablespoons of oil, salt, and sugar, if desired. Process on high speed for 30 seconds. Scrape down the sides with a rubber spatula and process to desired smoothness, adding more oil, 1 teaspoon at a time, if a smoother butter is desired. Adjust the seasoning to taste.

Transfer to a bowl to use as a dip, spread, or in other recipes, or place in an airtight container and refrigerate until ready to use.

From: www.foodnetwork.com

Guacamole

Ingredients
- 2 ripe avocados
- ½ lime or lemon, juiced
- ¼ cup red onion, diced
- 1 Roma tomato, diced
- 2 tablespoons cilantro, finely chopped
- ¼ teaspoon cumin
- Sea salt, to taste

Directions
Cut the avocados in half, remove the pits and peels and place in a medium bowl. Mash with a fork to desired consistency. Mix with lemon juice, tomato, onion, cilantro and salt. Add in a dash of hot sauce or cayenne for a spicier flavor.

Yogurt Dill Dip

Ingredients
- ½ cup plain yogurt
- 1 teaspoon lemon juice
- ½ teaspoon dried dill

Directions
Mix yogurt, lemon juice and dill together in a small bowl. Serve and enjoy.

This education resource was intended to be given as a part of a nutrition consult by an SCCA dietitian.
Questions? Ask an SCCA dietitian at nutrition@seattlecca.org.